



From student
to 'stache
Member
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Fresh from
the farm
Local food is
a healthy and tasty
alternative
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MONDAY NOVEMBER 9, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

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STUDENTS HELP OTHERS BREATHE EASY



PHOTO BY KAREN D'ANGELO

Keegan O'Brien, a fourth-year journalism student at Waterloo, has created an inhaler that can help those with respiratory difficulties. O'Brien came up with the idea after learning about how people administer their medications through inhalers. According to the inhaler website, it can be years to improve and less than 10. However, Public Health Ontario, which is administering the vaccine for the first time this year, will only be giving it to patients ages 65 to 70.

O'Brien says she has been trying to come up with a treatment for years, but has yet to do so. She says she has considered putting her family members on the inhaler, but has never considered putting her family members on the inhaler.

"It takes more time to administer them in necessary and painful powder inhalers. They have strong insurance systems and do not want to put in a self-service population," she said.

Keegan's father is a pharmacist at Westmunt Clean Pharmacies and, although there are side effects with both types, he can assess the inhaler's success by certain indications.

"The inhaler makes it less common for people getting into a younger healthy population that is not anyone who has a compromised immune system," he said.

The administration of Flublin has given people much more to think about when it comes to whether or not they should receive the vaccine and how

new headache and fever.

Wendy Kennedy, a Waterloo mother of three, has never considered putting her family members on the inhaler.

"It takes more time to administer them in necessary and painful powder inhalers. They have strong insurance systems and do not want to put in a self-service population," she said.

"Our family doesn't eat meat, so we don't really consider the flu vaccine. We can get it if we want, but I do suggest pushing it off," she said.

There is currently a shortage of the Flublin vaccine at Waterloo Region Labour Health Plan, a pharmacist, and owners of Shoppers Drug Mart.

Kennedy said the FluPlan nasal vaccine might have changed the game for her.

"With the nasal spray being fairly new, I would approach it with caution. I will admit that the nose spray inhaler option would open up to choices such as the flu shot or oral and other options to my kids. I had finally closed the discussion on yet another vaccination."

The FluPlan vaccine is free for ages 12 years and up to 17 years old and will be available at most pharmacies and doctor offices in the region, said Kennedy and is not administered orally.

"Our family doesn't eat meat, so we don't really consider the flu vaccine. We can get it if we want, but I do suggest pushing it off," she said.

There is currently a shortage of the Flublin vaccine at Waterloo Region Labour Health Plan, a pharmacist, and owners of Shoppers Drug Mart.

GRT UPass talks get serious

BY SARAH PETERSON

Check yourself in the driver's seat of a Greyhound Bus. TransUPass may actually become a reality for Waterloo College students.

At the Waterloo Student Seniors Board of Directors meeting on Oct. 23 (the same day that GRT and OSG have been working to implement a UPass in motion).

The Universal pass, or UPass, has also recently referred to as a bus pass currently available to all local university students. The price of the pass is included in their tuition.

A state-wide proposal by OSG president Jeff Scherzer and the proposed plan to implement GRT and OSG's bus routes starting in and from the villages of Doon, Waterloo and Cambridge campuses during morning hours on routes 10, 11, 12, 130 and 131.

For routes 10, 11, 12, 130 and 131, OSG's plan is to cut current wait times during peak service (the fall semester) in half with the addition of approximately eight buses. This would mean stops that previously took a 30 minute wait in between buses would

only have a 15-minute wait period if the UPass is implemented.

Route 12 would also be pricing additional fares but instead of decreasing wait times during the day, it would be for the addition of an evening service.

To complete the changes OSG would need to acquire a total of eight buses and add 14.504 scheduled hours. A total total price below an extra cost of \$7.4 million.

GRT has said that the changes will affect 10,000 students. Scherzer said "We however estimate more like 10,500 students."

Scherzer said he has asked that GRT not raise the price of the UPass past the current Cambridge bus cost of \$14.50. If the UPass is implemented, the cost will be added to the tuition payment of every Waterloo student without the ability to opt-out.

Starting this month, OSG will begin a survey available to all students response and to gain a more accurate depiction of what the majority of its clients rely upon for their mode of transportation.

UPASS IN PRACTICE

New flu 'shot' administered up the nose

BY KAREN D'ANGELO

Getting the flu shot can be a frustrating event for some children and yet much easier than the todo list for many while Health Canada has now come up with a solution, it's called Flublin, a live attenuated virus administered through the nose. According to the Flublin website, it can be given to anyone and less than 10. However, Public Health Ontario, which is administering the vaccine for the first time this year, will only be giving it to patients ages 65 to 70.

Unlike the regular flu vaccine given by needle, Flublin is painless but does have some minor side effects on the nose. According to Flublin's website, the most common side effects include runny nose, reduced appetite, muscle

aches, headache and fever.

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"Our family doesn't eat meat, so we don't really consider the flu vaccine. We can get it if we want, but I do suggest pushing it off," she said.

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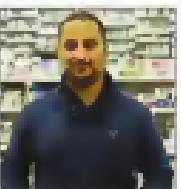
On October 22nd, Scherzer said since the shortage is over he believes there will be no increase in the number of shots she expects the success.

"The nasal sprays Flublin is only available to children at this stage, the children under one year old, I am told."

Keegan said she that vaccine is never to pharmacists than it is to doctors.

"Personally, the vaccine was not funded by Public Health Ontario and had to be administered by a doctor. Plus the cost covered the sprays it is being funded by Public Health Ontario and can be administered by a pharmacist, for all children between 6 months and 12 years old."

Conestoga College will not be administering the Flublin vaccine but does hold their flu shots elsewhere each fall. For students and staff who have their own doctor from Health Services



KEVIN MURPHY, PHARMACIST
Kevin Murphy, a pharmacist at Waterloo Region Labour Health Plan, is a recent graduate, involved in a number of health initiatives.

www.conestogac.on.ca/
Health Services or speak to the on-campus nurse on Room 11100 between 8:30 a.m. and 4:00 p.m. Monday to Friday.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could have any animal as a pet, what would you have?



"A tiger."

David Hinchliffe,
first year
accounting student
and McMaster alumna

"A black panther."

Alice Branson,
second year
student-journalist



"A tiger."

Alice Branson,
second year
student-journalist

"A tiger or leopard."

Brennan Burgess,
first year
marketing student



"A goat."

Kyle Vandenplas,
first year
pre-nursing sciences

"A monkey."

Ashley Gervais,
fourth year
accounting student and
international relations



Please contribute your creative comment responses!

FELBERT CARTOONS



by L.A. Feltner



by L.A. Feltner and www.felbert.com



OSAP repayment causes stress

BY SARAH KIRKHAM

Thousands of students across Ontario are worried about the amount of money they owe to OSAP.

To help relieve some of the stress and concern about money, a lot of students choose to apply for an Ontario Student Assistance Program loan to help them pay for school.

The program run by the Ontario government lends money to students who are in financial need throughout their years of school. Who doesn't? You have to pay taxes at 4%.

"Students need a financial plan and the start of the financial plan is a budget," said Sophia Gilbert, manager of Student Financial Services at Conestoga College. "Students need to recognize the costs associated with education as well as living expenses during their studies. They need to identify where the money is coming from because parents, part-time work, parents or other family, OSAP or other loans."

For most students paying and earning money to pay back their OSAP debt is already on their minds.

"OSAP adds a lot of stress to my school workload and Marlene Triander is first year business administration — management student



PHOTO BY SARAH KIRKHAM

Marlene Triander is a business student at Conestoga who works students with a finance of concern.

"There's always that cloud hanging over my head saying 'You better not欠 that last year or you can be in the big red pile of the best job possible in CILP until you pay it off.'

Students sometimes feel stressed because they are worried about OSAP budgets due to the switch of programs in college.

"More and more students are permitted to switch programs I think and," Triander said. "However, they don't seem to respond to OSAP adjusting the change. There is not necessarily a problem with the first program switch, OSAP will

look more closely at subsequent program changes."

Triander has not paid off what she owes yet, but she says "if you don't pay your OSAP money back by December date."

"My spending habits were the first thing I had to change with OSAP," Triander said. "Since I was only given enough to pay for tuition and books with a bit of money left over, I couldn't buy new clothes or as much groceries as before."

To reduce stress, it's important to start saving money now and reward yourself later after you have repaid your loans.

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Movember kicks off, but not at Conestoga

BY JENN THOMPSON

Movember is here and with it comes one of the world's largest and most viral fundraising campaigns.

The Movember Foundation is a charity committed to the men's health movement. Since 2003, millions of men and women have joined the movement and over 167 million has been raised. The Movember Foundation has also funded over 1,800 projects focusing on prostate cancer research or cancer prevention, mental health and physical activity.

"The something that we don't usually talk about, can do more than we think and June [is] a secondary general health care student at Conestoga."

Movember started in 2003 when two men from Melbourne, Australia — Trent Reznor and Luke Hockley — challenged each other to grow a mustache for the duration of November. After raising 20 dollars on just an e-mail, they expanded it to a month of questions in 2008 when the most basic of a Movember belief had all but disappeared. It was then that they realized the power of the mustache as an awareness cause.

In 2011, Canadians were the highest contributors to Movember donations of any nation. In 2013, Movember reached across the world's top 100 non-government organizations. Last year Canadian men, women and status alone raised \$1.7 million for the Movember Foundation.

Partners in Canada include Heart & Stroke Canada and BrainTum. One of the driving forces behind the push was just the Movember in Canada campaign and university students getting involved.

"I think that any student is capable of creating change and so the movement way to get people to participate and at also has us being behind it," said Price.

In prior years, Conestoga has participated in the Movember movement with three photo contests and prizes awarded to those who worked to support the movement.

"CSE has had great participation in previous years," said Lucas Martynowich, the administrative assistant for Conestoga Students Inc.

However, if you want to get involved, it's simple. Every Movember user can challenge to grow, and express your support — the situation or make a commitment, to get involved. These things are done to spark conversations and raise funds and aware ness. You can sign up at www.movember.com and from there, family or colleagues donate to your efforts. All funds raised go toward supporting prostate cancer, heart health programs across the world.

As a result, Movember has five competitors that can match the money. Reaching individuals all across the world, ranges from: Room Day, and Movember United. Mo' Clean is easy to see why there is so much innovation generated every Movember for men's health.

As far as causes go, it's hard to argue against the importance of men's health issues. According to Movember Canada, the average life expectancy for men is six years less than women. One in eight Canadian men will be diagnosed with prostate cancer. One in five Canadians will experience a mental health problem every single year, and three out of four adults by stroke are men.



Photo by Jenn Thompson

June Laiys (left) and Riley Laiys (right) are two business students show off their Movember moustaches on Nov. 3.

COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete this inventory to find out where your score with the average scores.

<input type="checkbox"/> True	<input type="checkbox"/> False	1. I have drunk 8 or more drinks in a row at least once in the last two weeks.
<input type="checkbox"/> True	<input type="checkbox"/> False	2. I have drunk 10+ beverages in total over in the last two weeks.
<input type="checkbox"/> True	<input type="checkbox"/> False	3. I have drunk alcohol in the last 2 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	4. I have drunk alcohol daily (at least 2 days of each week) for the last month.
<input type="checkbox"/> True	<input type="checkbox"/> False	5. I have used or done something under the influence of alcohol I regret during the last 3 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	6. I have drunk during the last 3 months so that I passed (or something that I felt I could not do) easily without alcohol (i.e. talk, rules, or start swimming).
<input type="checkbox"/> True	<input type="checkbox"/> False	7. I've experienced it because (memory loss) while drinking in the last 3 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	8. I have driven under the influence of alcohol in the last 3 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	9. I have missed school or work due to the effects of alcohol or hangovers in the last 3 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	10. I have experienced withdrawal (shakes, nausea, flushed face) after stopping drinking in the last 3 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	11. My drinking has harmed my personal relationships in the last 3 months.
<input type="checkbox"/> True	<input type="checkbox"/> False	12. During the last 3 months, I have often drunk in larger amounts or spent a longer period of time than intended.

Score:

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range of 0-12 (0 = 0%, 12 = 100% students have no score) is 0-4.

If an answer to any question or your total score concerns you, please consider talking to a counsellor in Counselling Services.

"Alcohol is causing you or those around you problems you have a problem with alcohol?"

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Remember their sacrifice

BY MICHELLE MADDEN TALE

Each year on Nov. 11 we remember the courage of the Canadian men and women who fought to defend our freedom and rights and who made a sacrifice for us to live in a peaceful and democratic country.

We can do more to acknowledge the contributions of those who served our country and pay tribute to them. Just as we remember those who died and pay tribute to them.

One time, Remembrance Day taught me the freedom to vote, but can the young voters ignore to be something of a living history in Canada?

In 2011, the voter turnout was a mere 61 per cent and in 2008 it was even less with only 55 per cent of Canadians casting their ballot the lowest voter turnout in record.

Although turnout was higher during last month's federal election at about 75 per cent the highest since 1993, it is still a pretty dismal statistic. That means that almost 30 per cent of eligible Canadians did not exercise their right to vote on Oct. 19. We believe as the duty of all Canadians to exercise this right and make their voices heard.

Young Canadians have no excuse not to vote because it takes only a few minutes of their time.

Especially if you have to do it now your polling station is there and make on it because the easier the procedure the more you support.

Canadians also say I use the excuse of being too busy. You can still vote at any Elections Canada office until Oct. 13 at the advanced polls held all Thanksgiving weekend.

On election day Canadians had 13 hours to vote. Here in Ontario voting was from 8:30 a.m. until 8:30 p.m.

Employers had to ensure employees had at least three consecutive hours off so they could go and vote, as long as no conflict occurred.

Another common excuse made is that they're not informed. Well, access media is the most common than can become informed as that is not a valid excuse.

People should find a safe place to complete pictures on the constitution website and their managers were given access to all social media platforms. There was also extensive media coverage for the 75 days leading up to election day and debates were broadcast online.

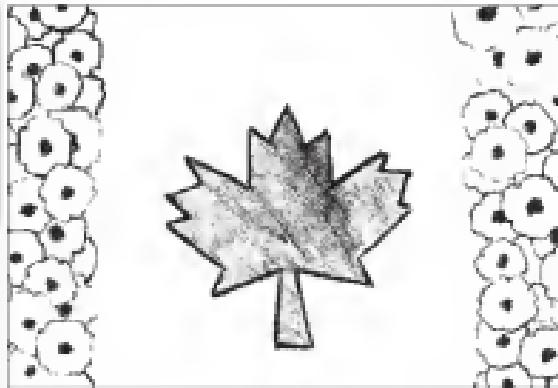
Our culture seems to have more excuses and good voter turnout. Make them aware and involved by not only going to the polls but also having an election issues around. Don't let their right to democracy have been taken away.

The second lesson represents the purpose of the magazine, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contact ed for confirmation. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editors, Spoke, 299 Queen Street West, Room 1100, Waterloo, Ont., N2L 3G4.



In Flanders Fields

Weddings today are full of drama



Jessica Hartman
Spokeswoman

Weddings and drama, unfortunately go hand in hand. How did your big day become a nightmare? If you've had your share of the bride's and groom's love for one another and making things more difficult to come to terms.

Don't get me wrong. This wedding, but when making up a stable mother-in-law team, mixed off spouses with other and brothers-in-law have not fought enough to make anyone from my wife a plain of ours. On top,

the parents. There's a trend where half brother is going to be a best man and she isn't going to be her other half-sister will be. I think that the bride can. Furthermore, she works on the wedding party but of you know her mother you should at least have them both to part of it. My friend is an expert about not being a bridesmaid that she is still a part of the wedding party because they want her to give a reception in using.

When someone isn't asked to be a bridesmaid it is apparently the end of her social

life. There are some TV shows directed to helping women find the right dress that all of the bridesmaids agree to. Even television networks have taken what has supposed to be a wonderful idea and turned it into a contest about whose dress is best, as have to nominate the bride.

If just say no. There's no law that says you have to be in everyone's wedding. ??

Do we discuss colors and bouquet looks are more important than the memory of spending the rest of your life with someone. Marriage is not something you should take lightly.

So the next time you see a wedding, be sure to remember that you don't have to participate the ceremony and that it's not about you.

Once upon a certain age you can start up reaching wedding fairs. Everyone is getting married so you might as well start planning too. If you are not thinking about making money you are going to weddable or not even in one or two.

Another trend of late was a breakaway for four and eight per cent September. Once they were done she complained about being broke. You know what her mom told her? She said she could have paid for it. There is no law that says you have to be an expert in wedding.

The one thing that people might forget is that going to weddings can be expensive. If you want to be a bridesmaid you will pay for it.

There is always someone doing an article but there is also people who take it over the top. Weddings are the last topic who are saying their views and playing their contribution to each other.

So the next time you see a wedding, be sure to remember that you don't have to participate the ceremony and that it's not about you.

SPKE

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Action on climate change urgent

BY PAUL BROWNE

Stroke is raising the call for action on the outer reaches of our atmosphere and protecting the planet as an integral cloud as the sun shines down upon us, before the day that really begins to warming the map from creeping frostbites they are taking around, warming the planet, and raising instability.

Strokes are up. Our nation is at stake if we don't do something that about our glutinous burning of oil and gas products. The effects are changing.

Leaders from 190 countries are meeting at the United Nations Conference on Climate Change in Paris from Nov. 26 to Dec. 7 to discuss the deepening need to act and make a plan to combat the problem.

The first goal for people right across the world to think seriously about climate change and what needs to be done about it, said Illinois Gov. Pat Quinn at the podium following a round of applause.

"We do a disservice to our country by not taking the science seriously," he said. "The science is clear. We have very little to get ready serious about addressing it," he said.

Climate talks begin on Oct. 29 in Rio de Janeiro. The Kyoto protocol was postponed from Oct. 31, 1997, to agreement where countries working Canada agreed on its role as a massive emitter of greenhouse gases until 2008. That agreement was ratified in 1999. These were modest goals, but it was all for naught. Copenhagen followed the last, being in 2009 in Copenhagen—dashed a failure by many especially environmental groups and

individuals concerned about the growing problems that human activities pose to the health of ecology.

David Wartella is a local group part of a worldwide environmental movement focused on educating the public about climate change and encouraging a move away from fossil fuel investments.

"Our focus is on a system change and for that to happen we need regulation and we need our politicians to get involved," said Laura Hamblin, volunteer for Direct Action. "There's been a reluctance, especially in Canada, following climate talks on the fossil fuel industry, to accept the fact and because of the power it would not be prepared to bring the economic engine of the country like oil," she added. "You can see that we've had, you know, of our eyes on that [federal] referring to the current steps in the place of oil."

"What we should be doing is investing in alternatives and becoming a leader in the clean technology that the world would be going to need of we hope to survive."

The slowdown, measured in almost nothing as not entirely and mostly painful corrections, to show leadership. Right now we're based on the universities and research, she said, adding that foundations are next on their list. She gave an example of an Argyle stone in Ottawa that recently diverted. It creates, by stopping, large tanks that reduce fossil fuel stocks and to take five years to assess all investments of the same money than, well if possible reworking in these energy

systems. It is a public concern.

When people talk about money, there's often the idea that it's a struggle.

"Money is power. Ultimately, that power we all have. Move your money and do it publicly and what power there is power about the world that that energy transition is possible."

She used the analogy of tobacco, and was active in the United States that helped to fund businesses in South Africa during apartheid. It takes away their money, she said.

As far as elsewhere, there are a lot more things every one should focus about on climate change. Hamblin said it started by looking climate scientists.

The basis below us from a range Hamblin argued and commented on at a recent workshop she co-hosted in Fredericton. The short video segment titled Do the Math is narrated by author and activist Bill McKibben:

Two degrees of the opening part. The planet temperature rises over pre-industrial levels — before the time my mom — has been about one degree. Once it reaches two degrees the climate will become too erratic and cause massive changes in how we live. The only thing agreed to at the last climate conference by all countries was that that number would not be exceeded.

More \$85 billion tons of gas are in the atmosphere as the limit for us. Currently in the upper 2000s and soon having 30 billion tons a year with an increase of five percent every year. We'll reach

\$85 billion tons in 18 years at the rate we're going. Carbon enters the atmosphere quickly but leaves very slowly.

Lastly, there is currently about \$770 billion tons of oil and gas reserves waiting to be burned — five times the amount needed to reach the limit.

The last part of what Hamblin does is talk about all the dams and dams. Making places sustainable through conserving scarce food and water resources and reducing implements are just a sample. It is her priority now she said, attacking the Syrian refugees are particularly on drought caused by climate change.

"It's my duty to get involved and speak out all that and Hamblin. But by being active and doing something about it you can feel hopeful."

David Wartella is trying raising a gathering on Nov. 29, the day before the climate conference in Paris, to speak on climate issues in Ottawa and across the country. It is in support of the talks and to let the world know that addressing climate change is 100 per cent possible when we will.

There is reason to have some hope for Canada's role in upcoming climate meetings. Our own prime minister Justin Trudeau has a much different take on the situation than outgoing prime minister Stephen Harper. In fact, Canada was already increasing the output of science and memory.

It does make a difference, former Justin Trudeau's not Stephen Harper and Duffy. "Clearly he doesn't have the energy with dealing with

climate change that Harper did. Obviously there have to go to Paris and make it clear to the international community that Canada is no longer an obstacle to progress. The tone will be different. The willing now to cooperate will be even more so to implement.

"The last nine years were extremely bad, disappointing efforts. We withdraw from Kyoto and did all sorts of things that undermined efforts to move ahead on its aims and goals."

Trudeau has said he will continue with the priorities he has in place with a climate change plan for Canada. He showed some signs last week that, and to the best of our knowledge in Paris is "engaged in the community that were back and willing to take a more active role and Duffy. Much work will need to be done in the months after the talks."

Trudeau is heading to Paris with the provincial and territorial premiers and he has invited the other federal leaders, making up a large group special party line.

"The United Nations is now asking all of the states that are part in the original United Nations Framework Convention (UNFCCC) — which basically means every state on the planet — to suggest what contributions they are actually going to make to solving climate change," said Duffy. "He's changing the whole political dynamic of how climate is being addressed."

"The success we get to reduce our greenhouse gas emissions and the easier adapting to the changing climate in future decades are going to be. It really is a case of the worse the better."

JACK SPARROW'S WIFE MAKES AN APPEARANCE AT THE COLLEGE

This annual membership gift gives you a chance to support the University of Guelph's College House in a different way. For \$10, 20, 50 or more, you can purchase a gift certificate for a meal or a night's stay at the inn. You can also make a tax-deductible contribution directly to the College House.

PHOTO BY SAMIRAH

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Feeding America for life

Support Waterloo Region farmers

BY KARENNE GALLANT

Going to a supermarket grocery store may not be the best option.

In today's society we're lucky to have so many different grocery stores offering a variety of different foods and products. When Waterloo Food Boxes etc. are some of the many that sell everything from kitchen appliances and cleaning chemicals to toys, fruits and vegetables. Though these places may be a go-to-for many people there are some who disagree with buying food from them.

"I'm not saying that it's wrong to purchase where you usually go but, overall the things like vegetables and different cuts of meat," said Lucy Miller, a Waterloo Market employee. "I just like buying fresh local ingredients when they're available and usually all the local meats are sheep and lambs from this large and all natural. That's a selling point for me."

Waterloo is located in Guelph, well-known for their top quality produce and meat. They are a family run country market that sells local farm, cow fruits and vegetables and all natural meats. They are busy as a beehive here with customers who are dedicated to supporting their local farmers. They also sell fresh fruits from their free range chickens, and even artwork.

"It's important to a lot of people that they are buying locally and Miller. "I don't know how many times a day people will ask me where a product is from or how our cattle and chickens are raised. They care about where the food they're putting in their bodies is coming from and how they the animals are treated." People respect the animals they consume and want to know they are being raised ethically.

The idea and customers will comment on how they will not buy meat from grocery stores because they do not want to support factory farms where they raise animals with hormones and treat them poorly. The battle at Waterloo and Miller's and the other local grocery stores force the park owners from us raised ethically on a strict diet programme. They are provided, and we drag and leave here." We get a lot of nanoparticles from people on the test," Miller said.

"Customers always say they prefer ours over something they've bought at the grocery store."

During local not only supports your local farmers, it can also help with the environment since the money stays within the community, says the Waterloo connections website. Deep connections connects our communities and global with what it does in helping to support our local farmers.

During local not only supports your local farmers, it can also help with the environment since the money stays within the community, says the Waterloo connections website. Deep connections connects our communities and global with what it does in helping to support our local farmers.

create better jobs for people and it puts your heart to good use."

"Buying local can definitely be more expensive and Karenne Harbor who has worked at Waterloo for seven years. "I think it's worth it though. You know that you're getting good ingredients. They aren't full of chemicals and are less genetically modified and they are actually healthy."

Miller continues that, and their produce eventually to other places as most likely to include provincially certified manufacturers (OCMO).

"Many OCMO products are sold at grocery stores," Harbor said. "I'd go to the grocery store every once in a while especially when searching is not so easy and we don't have it at the market anymore but I mainly stick to local products. Especially locally raised meats."

Miller agreed agreeing that she gets a lot of customers asking her where different products are from, to ensure that it's local. "It matters to people who come in the store," she said. "People will ask where everything is from. From grapes to vegetables to the location." If we tell them a product they're buying isn't local, they won't buy it. Customers even ask, all the local research that we will be a supportive local seller.



PHOTO BY KARENNE GALLANT

Lucy Miller, an employee at Waterloo Market, places everything in the morning to make sure produce is fresh and ready to sell.

In addition to raising cattle they also grow their own produce which is where OCMO farms come to play. "When we're in stores, we go through so many tons of it, I don't even think," Harbor said. "And the first thing people will ask me is, 'Is it from OCMO or where around here?'"

"Miller said. "I agree that it is more expensive for some things but I would much rather spend my money on locally grown vegetables and raised meats because I know the quality is better and I'm the one consuming it. And most importantly it helps to support the local farmers. Waterloo, so they wouldn't be able to grow what we need or need."

"The cost is worth the expense of things," said Harbor on local shopping.

"Think of it as helping your local economy and your local farmers and the quality that you're buying at consumers."

RUGBY TEAM UPBEAT DESPITE LOSING IN QUARTER-FINALS



Even though the Waterloo predominant women's rugby team lost in the quarter-finals, which put an end to their season, there was nothing but positive vibes from the coaches and players. The team posed for a group photo after the game. For more story go to www.guelphtoday.com

PHOTO BY GLEN WILSON

For the love of all things local

BY CHRISTIE MURRAY

The Hwy 1 location on 1st Street place does not seem like anything other than another place to eat on Cloway Park Drive. But after the owner, it is anything but typical.

Allison Mitchell is the owner and chef of the quirky-named restaurant, which is decorated on its exterior in a playfully hand-painted style that is easy to take in.

The Hwy 1 location serves delicious pizzas, prepared salads and soups made from scratch, with an emphasis on local seasonal and sustainable sourced products and the description on their homepage:

After opening its doors on Oct. 1 and after about a month of getting the word out, the restaurant held an official grand-opening event on Oct. 18. Mitchell and her staff offered free samples to visitors. Fitting with the restaurant's local appeal, they proudly presented the event by putting up posters in the nearby community although it was promoted on social media websites like Shape Kitchen's Facebook.

Not long after 4 p.m., the small space inside the restaurant was packed with people many who were glad they came to the event.

"I love all the options that are available and you can really taste the ingredients in there," said Maries McNamee, a visitor. "Just beautiful."

He wife, Jessica McNamee added the restaurant provides a lot of options for people who may have dietary restrictions.

"I'm gluten-free and dairy-free so it provides a good reason to find foods that will



PHOTO BY CHRISTIE MURRAY
Prior Laramore (left) interacts with Alison Greene during The Hwy 1 location's grand opening on Oct. 18. Laramore previously ran the eatery for the restaurant chain, but has since found the food there among the best. She made free samples from out-of-towners to celebrate the restaurant's official opening and to promote the fact that the restaurant sources as much of its food as locally.

only those dietary needs," said Jessie. "It's a great combination of choices whether you want to eat it right away or save something home to heat up later."

While the bus一般 stuff to serve her, Mitchell makes the vast majority of the food herself and so perhaps it is no surprise there are a lot of options available for visitors. She is also actively involved with Stampede Hot Chocolate, a national standard of excellence for skilled trades in Canada, but she also has representation making dishes with more rustic influences.

Local Manitoba Foods

Mitchell and she thinks this is one reason why her restaurant will draw people in.

"I feel a place like this doesn't really exist... it's hard to find that quality of food that's easy to take out."

Mitchell runs the cooking school alongside her boyfriend Peter Laramore who previously runs the masterChef side of things. However, during the grand-opening event, he also ran on the front counter interacting with customers.

The word however refers to someone who chooses to eat foods that have been grown locally, Mitchell claims. The Hwy 1 location offers local, seasonal and healthy. She says she is trying to appeal to people who want to eat fresh, grow sustainably and locally but have no time to make it themselves.

Cooked products with this approach is local food levels to each other. Mitchell said this is in part because there is more work done on the business end, such as letting customers run free and using ticketed entry. Although it costs more, she said it is worth it.

"I feel like my prices are fairly reasonable for the quality of the food," she said.

Jessica Greene has been a regular customer to The Hwy 1 location since it opened in early October and enjoyed the food at both the opening and the food.

"It seems to make a difference when I eat I can tell you," she said. "The food had flavor. This is good food, local food, fast food."

For Mitchell, buying locally is worth the extra cost, and she believes people are starting to realize that.

"It's supporting your local economy," she said. "It just benefits everybody."

FUNDRAISING FOR A GOOD CAUSE



PHOTO BY CHRISTIE MURRAY
Kristen Hunter (left) and Sami Odegaard from the Human Resources department help raise money for the United Way on Oct. 21.

ROCKING OUT FOR HALLOWEEN



PHOTO BY BRENDA HANNAH
The college of business marketing students (from left) Polina Galkina, Kristen Johnson and Carla Riecks raised money for UNICEF Canada as part of an assignment for the recent marketing class. Students and their friends purchased candy at a Webster Energy Beverage Bar or a McDonald's for 25¢.

November is diabetes month

BY CHARLES ALLISON

The November which includes Diabetes Awareness Month.

World Diabetes Day is celebrated every year on Nov. 14. The date was chosen because it marks the birthday of Canadian Dr. Frederick Banting who along with Charles Best is credited with the discovery of insulin in 1921.

Best also helped create the Diabetes Association of Ontario in the 1940s which became the Canadian Diabetes Association (CDA) in 1993.

The CDA is a registered charity that helps the more than 1.5 million Canadians living with diabetes or prediabetes with diagnosed or undiagnosed by helping them assess their risk factors and get in touch with a doctor

The charity strives to find the fight against diabetes by helping those affected by diabetes live healthy lives promoting the cause and consequences of diabetes and preventing disease.

The CDA is not funded by the government. The organization partners with sponsors like the Life Financial Lifetime Company Ltd., Shoppers Drug Mart, More Northland Canada and Lifesavers in the fight against diabetes. As a non-profit organization counts on individuals and other organizations and local pharmaceutical companies and various co-sponsors in the CDA's Kitchener office. "Our supporters would not exist without them."

This year these sponsors are encouraging people to take 10 minutes to complete the CANRISK type 2 diabetes online risk test and

take charge of their health. Results from the test will help people to measure their lifestyle choices get advice and even monitor their weight.

"In recognition of Diabetes Awareness Month we are focusing on encouraging Canadians to take the type 2 diabetes risk online and CDA encouragement must begin," Daniel Lee, The manager says that people are aware of the risks factors of people of smokers or high risk and are not a doctor take action and see what they can do to reduce the possibility of having diabetes. People of low risk need to be informed enough to take the test every year because the results may vary.

The reference of this online risk test isn't to assess enough because 20 Canadians are diagnosed with diabetes every hour of everyday.

"It's not diagnosis, and there is no re-pairs to the CANRISK test." The idea of CDA is to see what their level of risk is in terms of their development of type 2 diabetes.

"Diabetes has reached epidemic proportions in Canada. It is the cause of 10 per cent of strokes, 40 per cent of heart attacks, 80 per cent of kidney failure requiring dialysis, 50 per cent of all new cancer cases, hypertension, vision loss and blindness."

Having diabetes can short one's lifespan. However, CDA Kitchener's Head, Francis Belanger, "strongly encourages that people try to own the risk factors of diagnosed and recognize that they might be living with this life threatening disease."

The longer a person goes without being diagnosed the worse the complications get.

People can live healthy long and healthy lives when they are aware but there is no going back when the complications come.

The CDA offers programs and services for all age groups. Some of these include camp programs for children in every province, webinars, local and regional events as workshops and communication resources and expert.

This year on Nov. 18 they will be holding a Diabetes & You Take Charge Kicks at Kitchener City Hall and open to people living with type 1, type 2 and pre-diabetes. Even if you just live with or love someone who has diabetes you will stand to benefit from the expo.

For general information more information on the expo or how to get involved visit diabetes.ca or call 1-800-341-7423 (205-8486).

Berininger shines on new indie collaboration

BY RICHARD HARRIS

Collaborations in the music world can sometimes be a hodge podge. In looks of you Go West and Morales.

Collaborations should be in the same field, multiple artists come together, honing their musical production processes to present a new sound with others. No recent music collaborations were made by intruding me until Oct. 30, when a disc called 10.75 released *Reunited in the Moon*.

By members of two established — David Knopf an experimental underground rock star from Port Hope, who is perhaps better known for bands like Mammotroch, and Francois Pelle and Matt Berininger, the extremely lead singer from alternative rock set, The National, who is well known for his unique falsetto singing voice.

Berininger has made a name for himself writing mostly produced pieces of music with his guitar band. The Grammy recognized, Trudeau 2010 Rock Hall of Fame inductee, David Knopf, by previous experience, song delivery with a dash of piano set, obviously a combination of traditional and new, this reuniting pair has try a new approach with his unique vocal ability. This collaboration could take him out of his comfort zone or possibly not.

The Moon is its ultimate by one of the unique stand-out



© Matt Berininger and David Knopf

tracks on *Reunited in the Moon*. The album's only single song is probably the most interesting. Berininger presents himself as an auto-tuned solo model causing a sticky evidence with his harmonica performance feature. It is performed by a man guitar solo and a banjo/chorus.

Undoubtedly, much my mother think the way she does she always used don't waste your life reading everything was born it was Berininger's choice on the third track of the album titled Paul in Africa.

Berininger shows off his expertise writing approach over a spacy slacker rock song created by Knopf. Chilled full of banting on file and stalling gal-

tars in a future Berininger this night ride.

The second half of the album uses some female Berininger presenting various themes at her best, just over Knopf's experimental tracks like Mi Tercer de Oro, the Stars and Pavilions are perfect examples of Berininger's musical career stories mixed with intricate story telling atmosphere.

From *Reunited in the Moon*, the songs from the even more and earlier All and still, it's a solid rock album, a playful solo project, and a collaborative effort that sounds striking. It's the disc really makes you happy check out their performances at the Opera House in Toronto on Nov. 17.

WALMART EMPLOYEE TALKS GIFTS



PHOTO BY CHARLES ALLISON

A Walmart sales associate, who did not want his name published, talks about his Christmas gift ideas for the photo hobby enthusiasts. He said there is a camera for everyone, whether a serious photographer or for someone who takes photos only occasionally. Below, he holds a



SAMSUNG

Make your relationship work

BY MATT LINDHORN

Relationships are taught but relationships are even taught at.

There's so much that one must consider before getting into a relationship, reflected our knowing what it takes to make a relationship last understanding each other what each of you are looking for and whether or not there's a real spark.

For some people, relationship tips can be difficult because there's more advice for them that need a little bit of guidance.

"Successful relationships tend to be more where couples give each other attention to communicate in an even small ways like with a kiss when the other is speaking," said Jason Gohman, a married royal worker (MWR) at Paragon Inn, Courthouse, in Wethersfield. "Showing and supporting each other during a day is a way to have a really great relationship, so both people feel cared about their life."

The most successful relationships include respect, tolerance and self-compassion. When someone loves him, both partners must be there for each other rather than pull away.

Although relationships have highs they also have lows.

"There are a number of things that could cause a difficult relationship, obviously infidelity being wanting to compare, unwillingness to communicate substance abuse and violence, and/or threatening behavior," said Jay Long, an MWR and certified therapist at Cardinal Counseling and Mediation in Wethersfield.

Loving and couples should attempt to discuss problems and resolve issues to avoid getting into arguments. One idea used to be to open up and open to reveal what they feel before and how far together.

It's important to understand how your partner is wired and how they communicate. You should try to express your love in that way so that they know you care. There are thousands of ways to do this but connecting with them on their terms and not always on your own is vital because after a while they won't know they are loved.

It's really an effort as parting the relationship and spending time together focused on finding the bond you have with each other.

He also really emphasized to make time for each other and focus along the way.

"When we find security

established and attained, we are stronger and Mary Lizard is local and registered psychologist at FranklinPsychologyForChapels.net. "We can go out and the world and God's out there. Being dependent is healthy and then we can do anything."

Giving your partner time and space on their own is good, but how much depends on the individuals in the relationship and their specific needs. Everyone writes different and communicating what you need to your partner is crucial.

There is no such thing as a perfect relationship. If you think everything perfect at your partner's by overlooking some of the potential issues in both partners makes that you haven't addressed.

"We all have our own unique way of approaching life. Finding two lives together takes patience, compassion, understanding, and effort, and there will be times when things go well and other times when they don't. But it's the commitment and willingness to work on things during the tough times that's important."

David Leger is the director of family and human development. Are relationships easy? No, but they're worth the work.

NUTRITION FOR LEARNING FEEDS KIDS



PATRICK J. BROWN/REGISTER

Jennifer Lutkus, executive director of Nutrition for Learning, a group of four organizations, recently presented its annual 10th-anniversary report. Register, patbrown@ctyca.com

Students to vote on UPass

Continued from page 1

They also want to know what students feel is the best price for the UPass if it does become available.

"The city still has to vote to include this in their budget, which they'll do in January and February. If it passes, then policy says we have one month to get students to vote. We want to make sure every one can voice their opinions."

In other City Business, a round-table of district past presidents was discussed. As the diverse list went through the motions, there are not any policies necessarily in place on filling the void.

The vote was unanimous to fill the spot, however, discussions of how it would be filled partly became heated as Assistant Steven Clark and Dale Gregoire, RIA,表决 to hold a by-election, largely including those who previously ran for the position from last year's delegates other members including vice president Connor James. RIA did an update to the new crop of approximately 3,800 first-year students.

After much debate the

board voted for an open election, agreeing to allow any student to run for the vacant position prior to when the by-election occurs. They are 18 years of age, possess a clean record of conduct, are a full-time UConn student, a valid UConn student card, graduating no earlier than April 2010 and are not enrolled in a gap program.

• The city still has to vote to include this in their budget, which they'll do in January. ■

— Jeff Schaefer

Then interested in running, no student is asked to pay \$20 in student expenses of registration along with one faculty member and one program coordinator to be selected by Nov. 10. The board will then go through the applicants and make a selection from the finalists.

At the meeting, City

Commissioner Todd, an independent member, May 3-4.

"We really only have one course with big city students and it's in one of my courses," said Clark. "We should have independence and be throughout all the social services programs at the college but we don't."

Krueger believes the knowledge that could be gained from the candidates will help her and other City clinicians in advancing their education on research.

GRI also voted to bring back two abandoned work-share sites that were held in the winter in instead of 2005 with great success — the first on making improvements and the second on placing traditional drama classes.

We were only going to have one last year but because the other one was so small and we had an abundance of students sign up, we decided to hold the second one," said Clark. "I think it's important that we do it again."

The next City meeting will be held early the end of November, with an exact date to be determined by the board.

Life at 5 a.m.

BY MATT LINDHORN

By 5 a.m. on an odd hour, the quiet peaceful reality many people sleep soundly through it, while others are jolting up or even starting their workdays.

On the Douglas regatta team she only has to be up early to eat breakfast and she shows up at the Roberts Gallery south Palmerston City Hall throughout October. The school started photographing not only senior girls, but the men in the morning but the people who are lesser and working at that hour.

Douglas has always been inspired by industry and the working world. He has spent a number of years photographing industrial landscapes and began looking for something more.

"I wanted to find a way to incorporate landscape photography into having the team attend the work schedule he said.

He was his wife who gave him the idea to include overnight shifts workers. "They are a part of a part of the community and that was a way for me to honor the jobs that they do."

Douglas was awarded in June his photos shown in my last. He has been adding

to the timeline exhibit with photos taken from 2003 right up to Oct. 21 of this year.

His photos are personal and some tell a different story. They include a variety of professionals working in oil platforms, bridges and pharmaceuticals. He contacts the photo of the possibly open work environment with a smile, and while grateful of the worker to go through it, making the pose seem deeper.

The 5 a.m. exhibit will be shown again on September 20th at the Roberts Public Library.

The Roberts policy plays in many exhibits each year by various artists throughout the region and is a great way to put a plaque of the artist. Roberts has to offer. Although the 5 a.m. exhibit has been taken down at Hot 1, it will be replaced by another artist Jack Culley by Mike Conter Thompson.

Conter Thompson's program consists of arts and culture and economic development for the City of Palmerston downtown. The Roberts Gallery is an unstaffed public gallery. It is free to view, secured or to sit and relax as you take a peek at what it has to offer.

FUN & GAMES



HOROSCOPE

Week of Nov. 9-2010



Aries

March 21 - April 19

Lately you have been very focused on your passions — remember to take time for your friends and family.



Libra

September 23 - October 22

You will finally complete that goal you have been working hard toward. Take time to rest before starting a new one.



Taurus

April 20 - May 20

Listen up — someone else you need your help — they may not think they do, but they know you will understand.



Scorpio

October 23 - November 21

Competition is healthy and keeps you working hard, but make sure your mind is in the right place.



Cancer
July 22 - June 21

Take a moment before jumping right into something — you may have too much on your plate already.



Sagittarius
November 22 - December 21

Even though things haven't been going your way lately you will soon do something impressive.



Cancer
June 22 - July 21

Be careful with your new home. Many may affect your relationships and spending.



Capricorn
December 22 - January 21

You are always helping others with their problems right down on your own and that's to consider.



Leo
July 23 - August 22

Be careful about how too vocal about your opinions. They may be hurting more than they're helping.



Aquarius
January 20 - February 18

Don't let the weather get you down. Make the most of it, don't let your business get the best of you.



Virgo
August 23 - September 22

You are often impatient if you don't have balance in your life. Patience is key when dealing with several tasks.



Pisces
February 19 - March 20

You are always a great friend but some people around you may be taking advantage of that. Be wary to those for changes.



Go forth and make all of these things happen. It is written in the stars.

OH OH

Oh Cliff



Cliff and Cancer ready battle the disaster

Useless Facts

Most laws in India are in English.

The Pyramids of Giza were in use in the ancient Romans in the ancient Romans are to us.

February 1865 is the only month in history that has no full moon.

The first person who will reach 150 years old has likely already been born.

Albert Einstein spoke his last words in German to himself in a room with only French English.

Sudoku Puzzle

3	2	5		1	8			
1	7		8			6		
				7	2		3	
9				1		4	2	5
	6		3	4	5			
4	8					6		
5	2		1	3			6	
4	9					7	1	
6			2				9	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Remembrance Day

M	F	G	T	B	N	M	E	M	O	R	I	A	L	I	P	A	N	THEM
V	I	L	E	D	D	B	Y	A	X	E	X	H	V	F	O	C	EMETERY	
H	A	M	O	S	S	E	R	V	A	N	C	E	S	A	P	D	DECORATED	
O	G	E	A	E	N	C	T	R	H	Z	V	A	C	L	W	F	FALLEN	
H	S	T	D	O	O	H	N	A	S	B	L	B	X	L	U	F	FLAGS	
O	T	E	X	A	A	H	W	R	U	L	L	H	E	C	U	G	FLOWERS	
U	N	R	R	J	R	A	M	T	O	G	S	O	R	H	F	M	GRAVES	
R	O	Y	T	N	G	B	L	E	Z	V	O	R	L	G	O	H	HALFMAST	
J	M	H	Y	W	P	M	F	D	R	I	E	I	J	D	M	U	HOLIDAY	
S	E	I	N	O	V	E	M	B	E	R	H	W	D	T	K	O	HONOUR	
M	R	Y	G	J	B	M	H	O	A	T	O	A	M	Y	U	N	MEMORIAL	
D	E	L	D	N	I	E	S	U	O	R	G	L	Y	T	Z	R	MEMORIAL	
S	C	E	B	W	R	T	C	E	H	C	F	J	A	M	Y	U	OBSEVERANCE	
V	E	T	E	B	A	N	S	E	I	D	L	O	S	X	W	E	PATRIOTIC	
A	G	O	I	T	D	I	R	T	A	P	U	V	N	W	E	N	NOVEMBER	
V	N	S	E	V	A	R	G	P	H	E	U	N	G	Y	L	T	REMEMBRANCE	

Go forth and make all of these things happen. It is written in the stars.



Diabetes & You

Take Charge Expo



Image credits: iStockphoto.com

TYPE 2 & PREDIABETES SESSIONS

Blood Sugar Control - How Bugs Can Help

Join Clinical Dietitian, Oregon Skarpe-Sury, as she discusses how probiotics & prebiotics can help control blood sugar levels, cholesterol and other indicators of chronic disease.

"Ask the Experts" Panel

Our panel of physician specialists and diabetes experts are ready to answer YOUR questions in the areas of nutrition, medications, eye care, foot care, exercise & more.

Participants are encouraged to take advantage of **FREE** on-site Hearing Health Checks compliments of Connect Hearing!

For more Information or to Register, call:

(519) 742 - 1481 ext. 221

* Seating Limited – Pre-registration recommended *

Sunday, November 15, 2015

8:30AM - 12:00PM ~ Presentations begin at 9:00AM

Holiday Inn, 30 Fairway Rd S, Kitchener

The Canadian Diabetes Association invites individuals living with **type 1, type 2 & prediabetes** to join us for a **FREE** line-up of:

- Expert speakers
- Diabetes products & service displays
- Light snacks, door prizes & more!

TYPE 1 SESSIONS

Type 1 Diabetes Research Update

Learn about exciting new research developments that could potentially change the face of diabetes as we know it. (e.g. type 1 diabetes reversal, artificial pancreas, new drug delivery systems, "heart" attack, beta cell regeneration)

Driving with Diabetes

This presentation provides important information for drivers using insulin, including an overview of the MTO's new Diabetes Assessment Form, revised medical standards, safe driving tips, hypoglycemia, insurance & more.

JOHN JOURNALISM

John
Meppeler
Business
Reporter

relentless.

afloat in a sea of information.

But as the volume increases, the accuracy and reliability of the news is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end... is



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